

<b>Full School name</b>	<b>Football Division</b>
Benedictine College Preparatory	I
Bishop Ireton High School	I
Bishop O'Connell High School	I
Catholic High School	I
Collegiate School	I
Episcopal High School	I
Flint Hill School	I
Fork Union Military Academy	I
Life Christian Academy	I (Plays Up)
Norfolk Academy	I
The Potomac School	I
St. Christopher's School	I
Saint John Paul the Great Catholic High School	I
Saint Michael the Archangel Catholic High School	I (Plays Up)
St. Paul VI Catholic High School	I
St. Stephen's and St. Agnes School	I
Trinity Episcopal School	I
Woodberry Forest School	I
Atlantic Shores Christian School	II

<b>Full School name</b>	<b>Football Division</b>
Blue Ridge School	II
Fishburne Military School	II
Fredericksburg Christian School	II
Hargrave Military Academy	II
Isle of Wight Academy	II
Nansemond-Suffolk Academy	II
Norfolk Christian School	II
North Cross School	II
Portsmouth Christian School	II
Roanoke Catholic School	II
St. Anne's-Belfield School	II